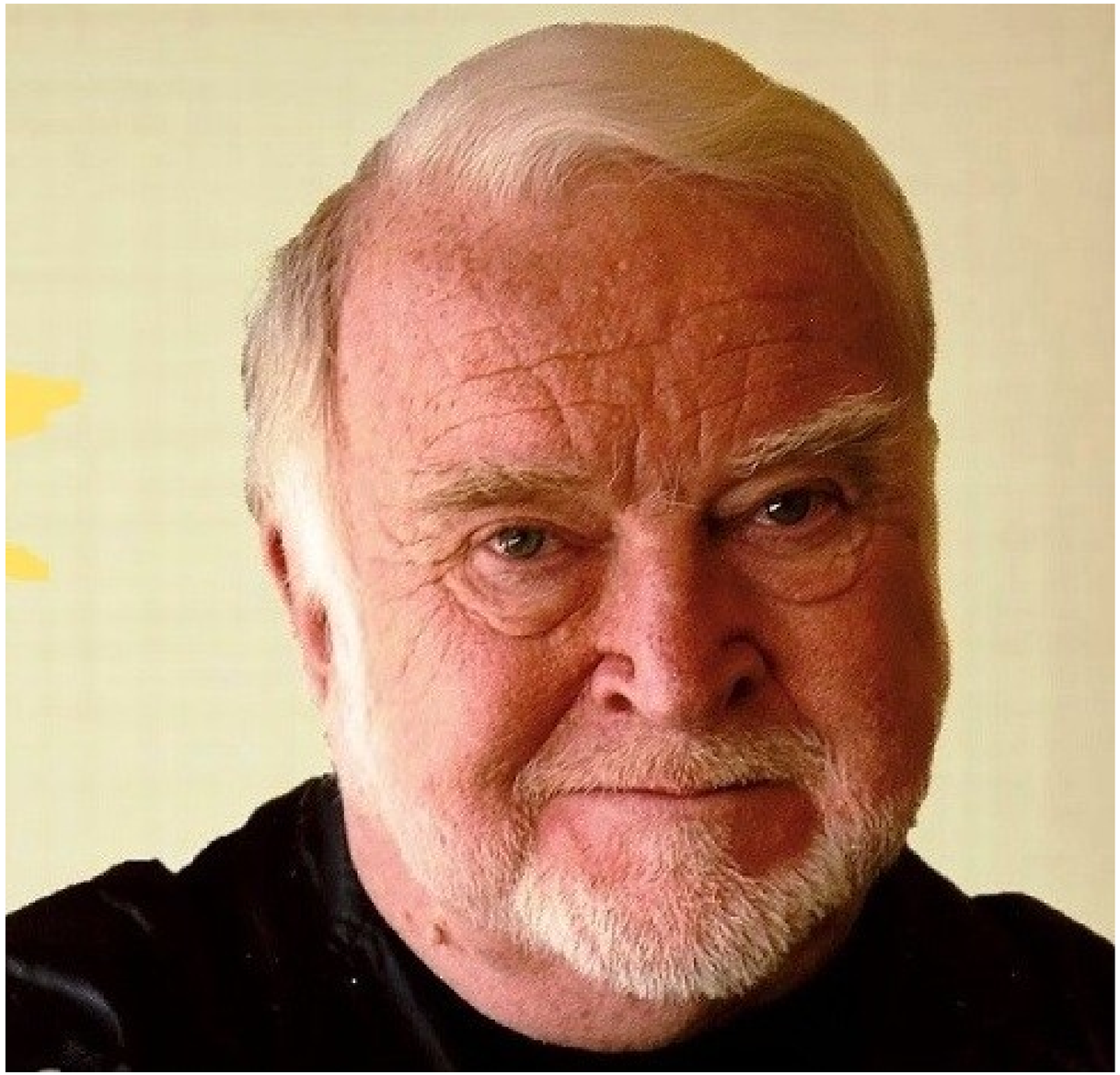


THE EXPERIENCE OF DEEP ENJOYMENT, CREATIVITY AND TOTAL INVOLVEMENT WITH LIFE.

FLOW

Mihaly Csikszentmihalyi

*****

Explained by S. LAKSHMANAN, Psychologis

Mihaly Csikszentmihalyi (/ˈmiːhaɪ_ˈtʃiːksɛntmiːˌhɑːjiː/, Hungarian: *Csíkszentmihályi* born 29 September 1934) is a Hungarian-American psychologist. He recognized and named the psychological concept of flow, a highly focused mental state favorable to productivity. He is the Distinguished Professor of Psychology and Management at Claremont Graduate University. He is the former head of the department of psychology at the University of Chicago and of the department of sociology and anthropology at Lake Forest College.

Mihaly Csikszentmihalyi discovered that people find genuine satisfaction during a state of consciousness called Flow. In this state they are completely absorbed

WHEN DOES FLOW HAPPEN?

IMMERSIV

E

CHALLENGING

SKILL

REQUIRING

PLEASANT

ACTIVITIE

S

PROMOTES

FLO

W

READING A BOOK

PLAYING VIDEOGAME

PLAYING A SPORT

INTERESTING CONVERSATION

PLAYING MUSIC

PRACTICING A HOBBY

PLAYING CHESS

PROGRAMMING

FLOW CONDUCTIVE ACTIVITIES

WHAT DOES FLOW FEEL LIKE?

"SELF-CONSCIOUSNESS DISAPPEARS, AND THE SENSE OF TIME BECOMES DISTORTED.

"CONCENTRATION IS SO INTENSE THAT THERE IS NO ATTENTION LEFT OVER TO THINK ABOUT ANYTHING IRRELEVANT, OR TO WORRY ABOUT PROBLEMS."

SOMEONE PLAYING SPORTS

THE ANATOMY OF CONSCIOUSNESS

126 BTS

OF INFORMATION

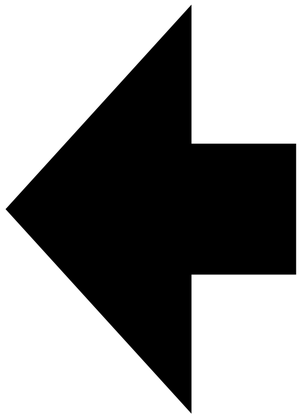
SOUND OR VISUAL STIMULI, RECOGNIZE EMOTION, PROCESS A THOUGHT.

PER SECOND

40 BITS PER SECOND

40 BITS PER SECOND

86 BITS LEFT

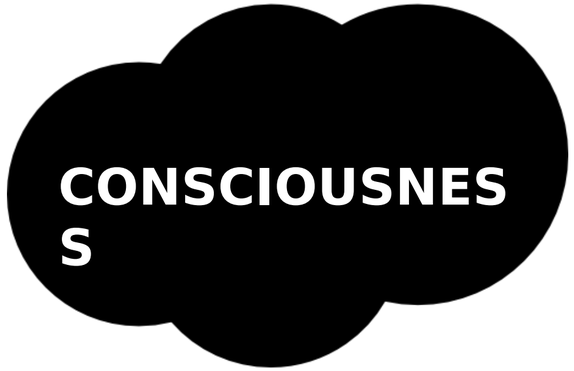


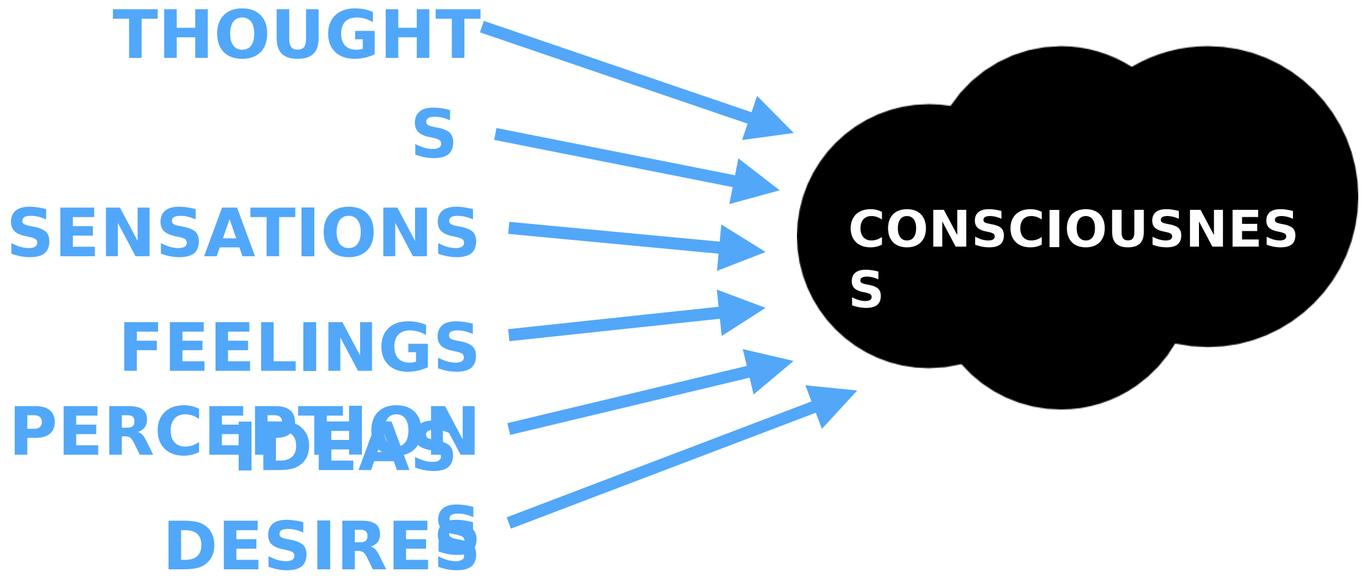
80 BITS PER SECOND

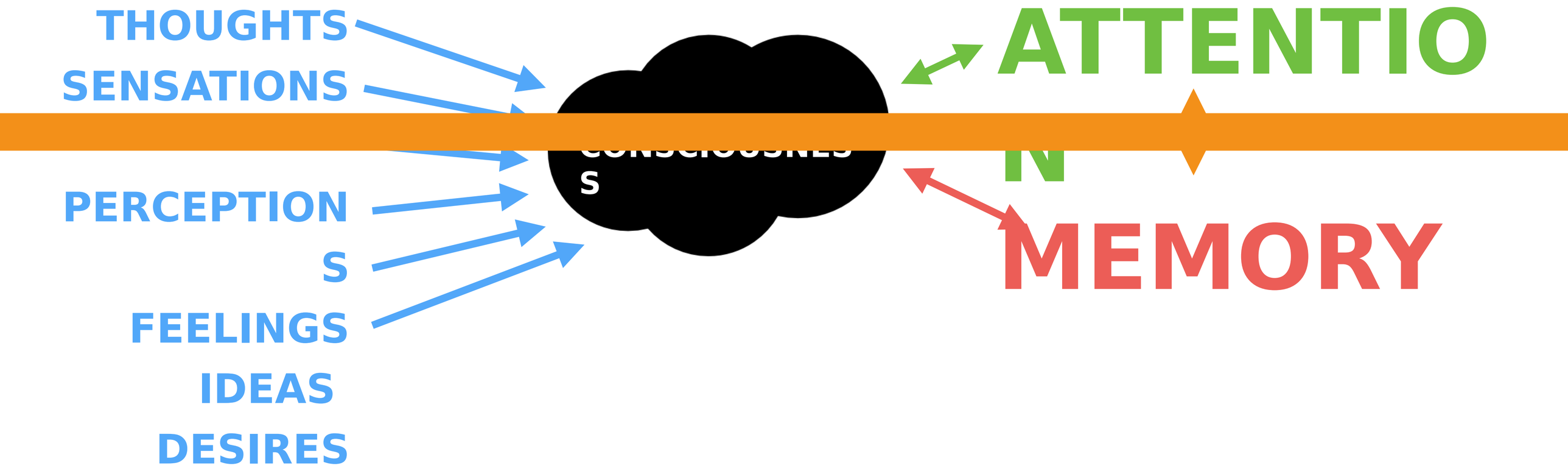
46 BITS LEFT

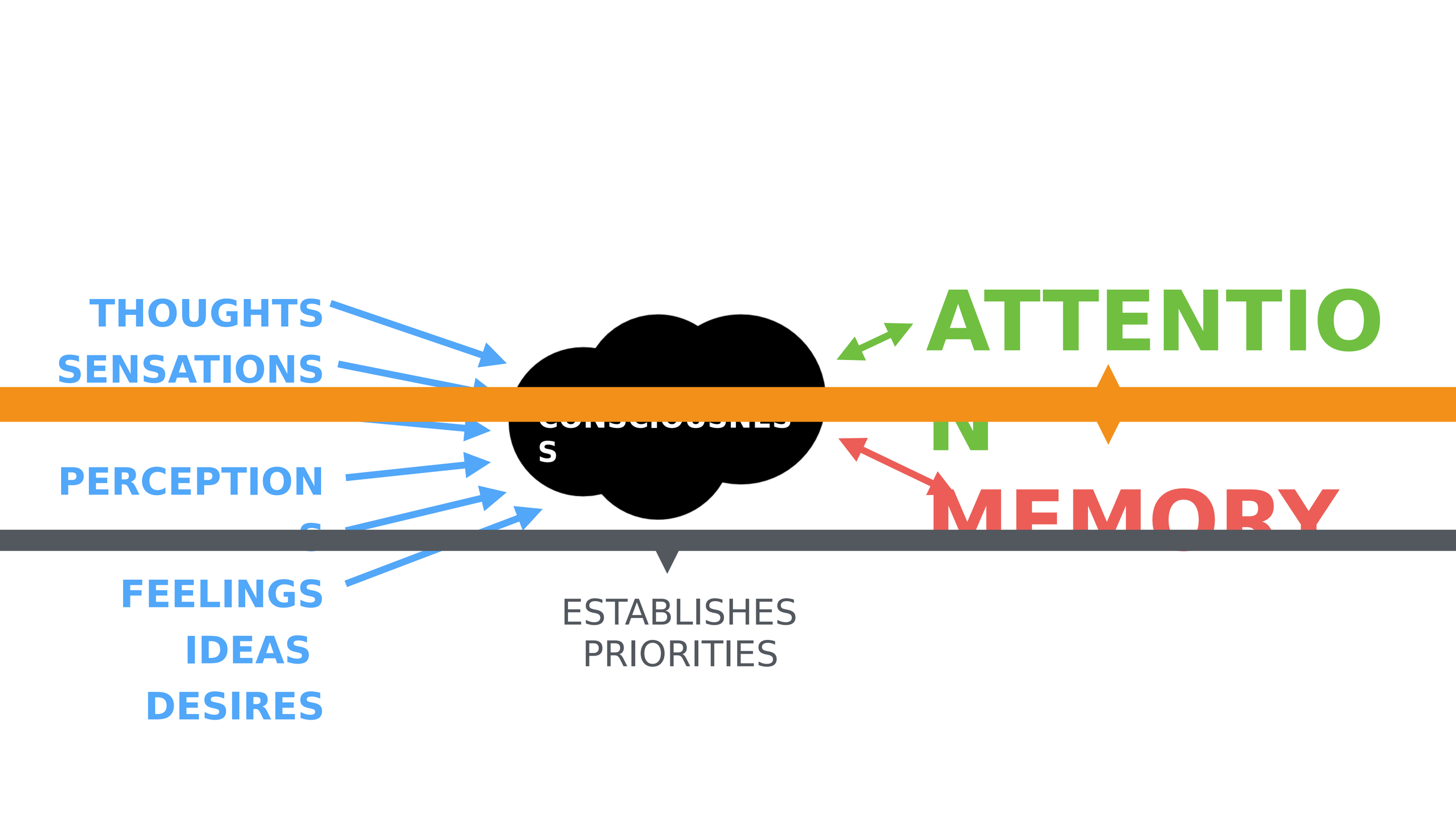
120
BITS
PER
SECOND

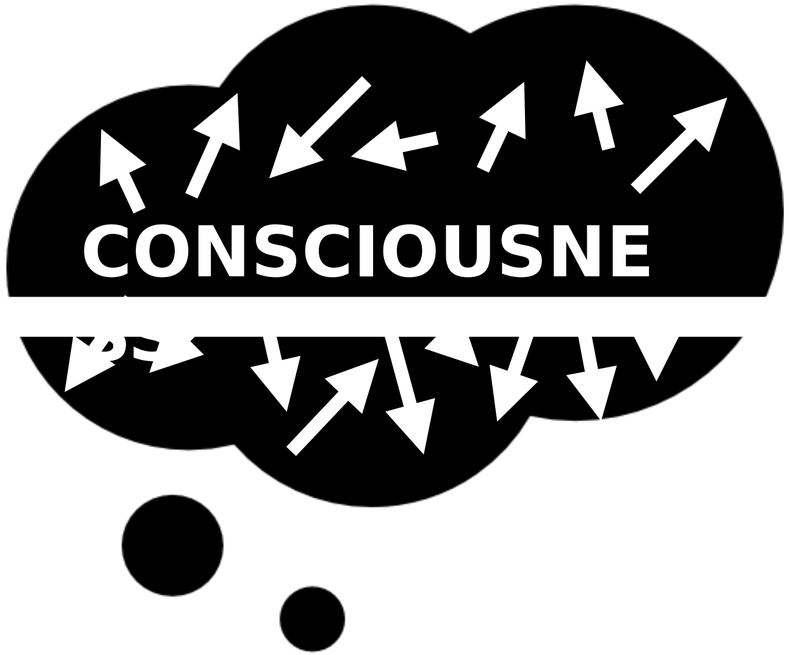
HOW DO WE HANDLE THE INFORMATION?


CONSCIOUSNES
S


THOUGHTS
SENSATIONS
FEELINGS
PERCEPTIONS
IDEAS
DESIRES
CONSCIOUSNESS

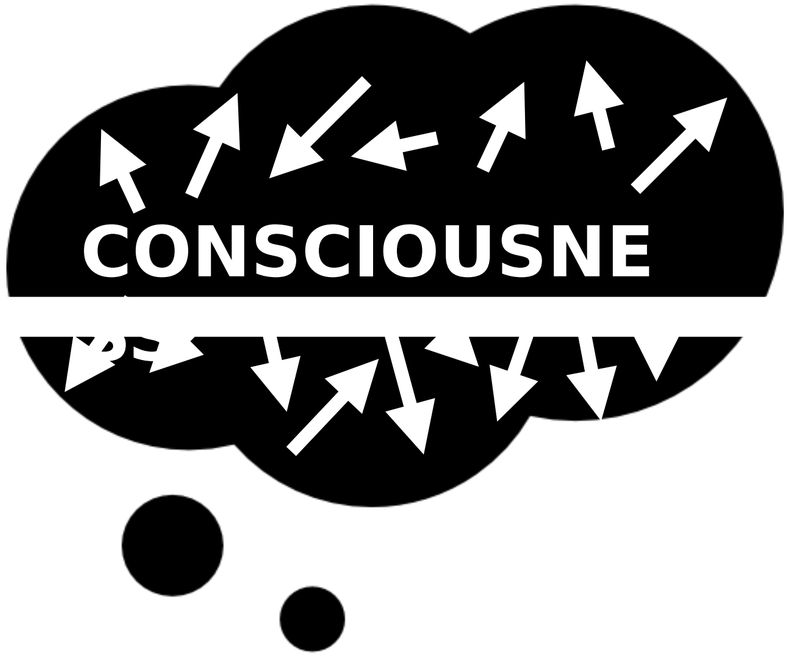

THOUGHTS
SENSATIONS
PERCEPTIONS
FEELINGS
IDEAS
DESIRES
S
ATTENTIO
N
MEMORY


THOUGHTS
SENSATIONS
PERCEPTION
FEELINGS
IDEAS
DESIRES
S
ATTENTIO
N
MEMORY
ESTABLISHES
PRIORITIES



DISORDER

INFORMATION
CONFLICTS WITH
EXISTING
INTENTIONS



DISORDER

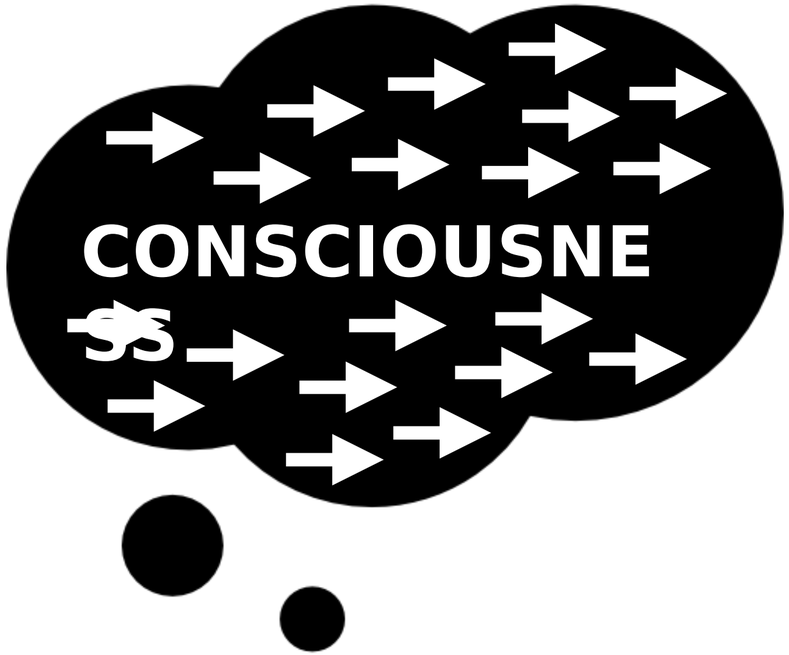
INFORMATION CONFLICTS WITH EXISTING INTENTIONS

MEANS

PSYCHIC ENTROPY

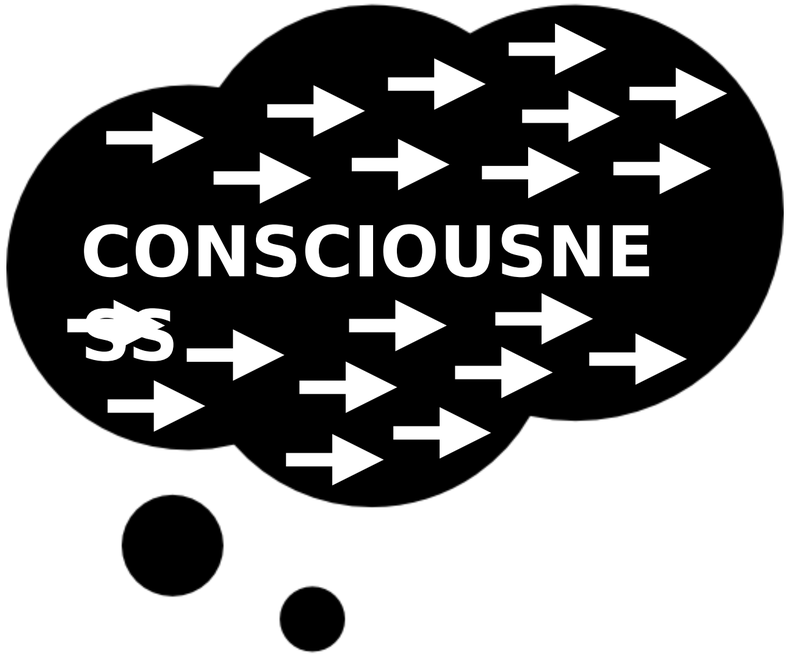
EXPERIENCE

PAIN
FEAR
RAGE
ANXIETY
JEALOUSLY



ORDER

INFORMATION IS
CONGRUENT
WITH GOALS AND
INTENTIONS



ORDER

INFORMATION IS CONGRUENT WITH GOALS AND INTENTIONS

MEANS

FLOW

EXPERIENCE

ENERGY

WILLPOWER

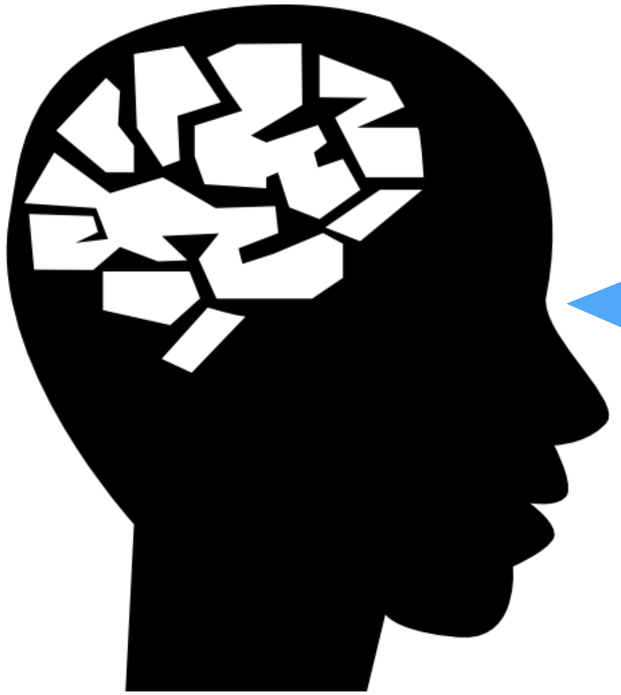
OPTIMAL EXPERIENCE

FULFILLMENT

HAPPINESS

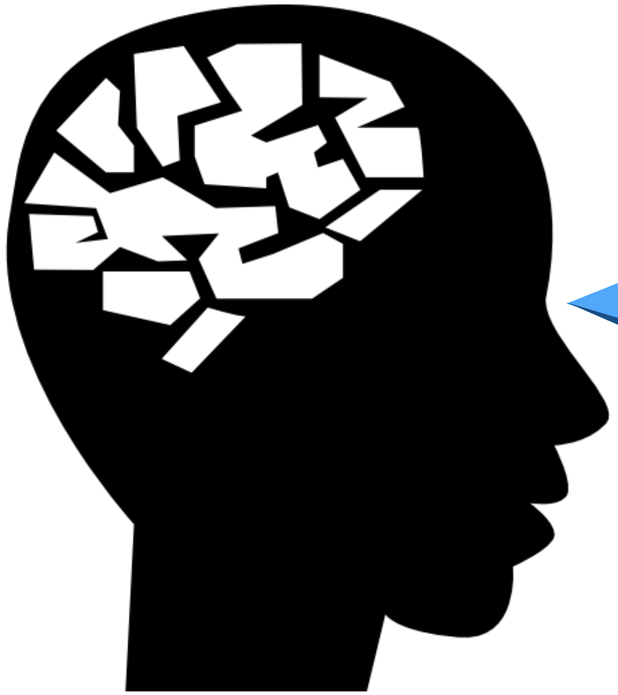
CLEAR THOUGHTS

DISCIPLINE



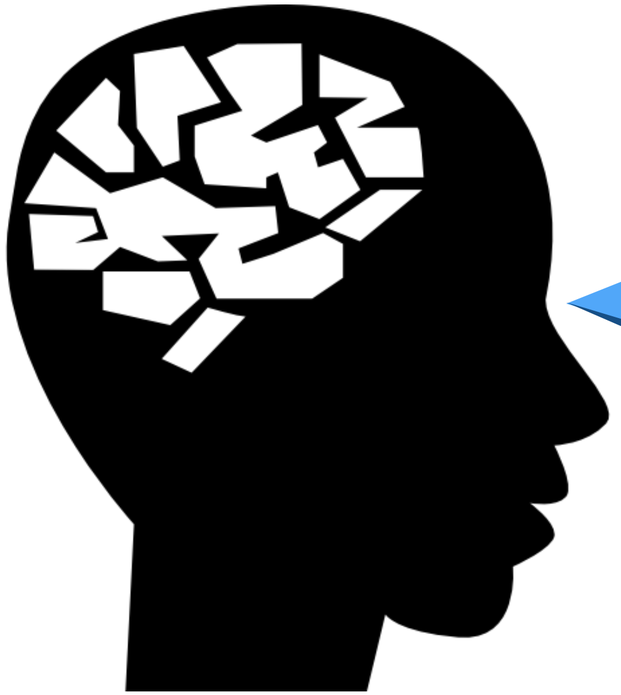
AVERAGE ATTENTION SPAN

126 BITS PER SECOND



PROGRAMMIN
G

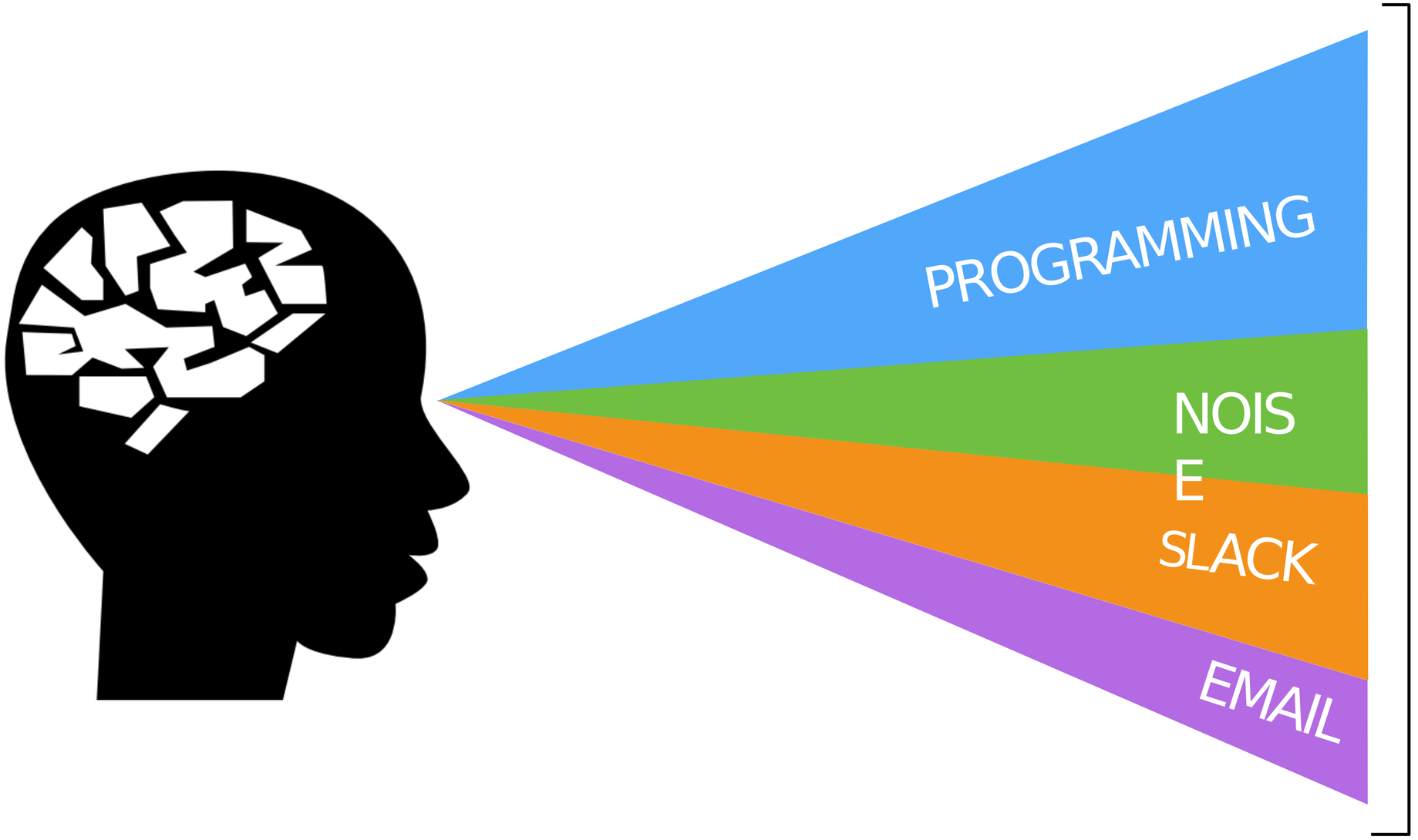
MUSIC

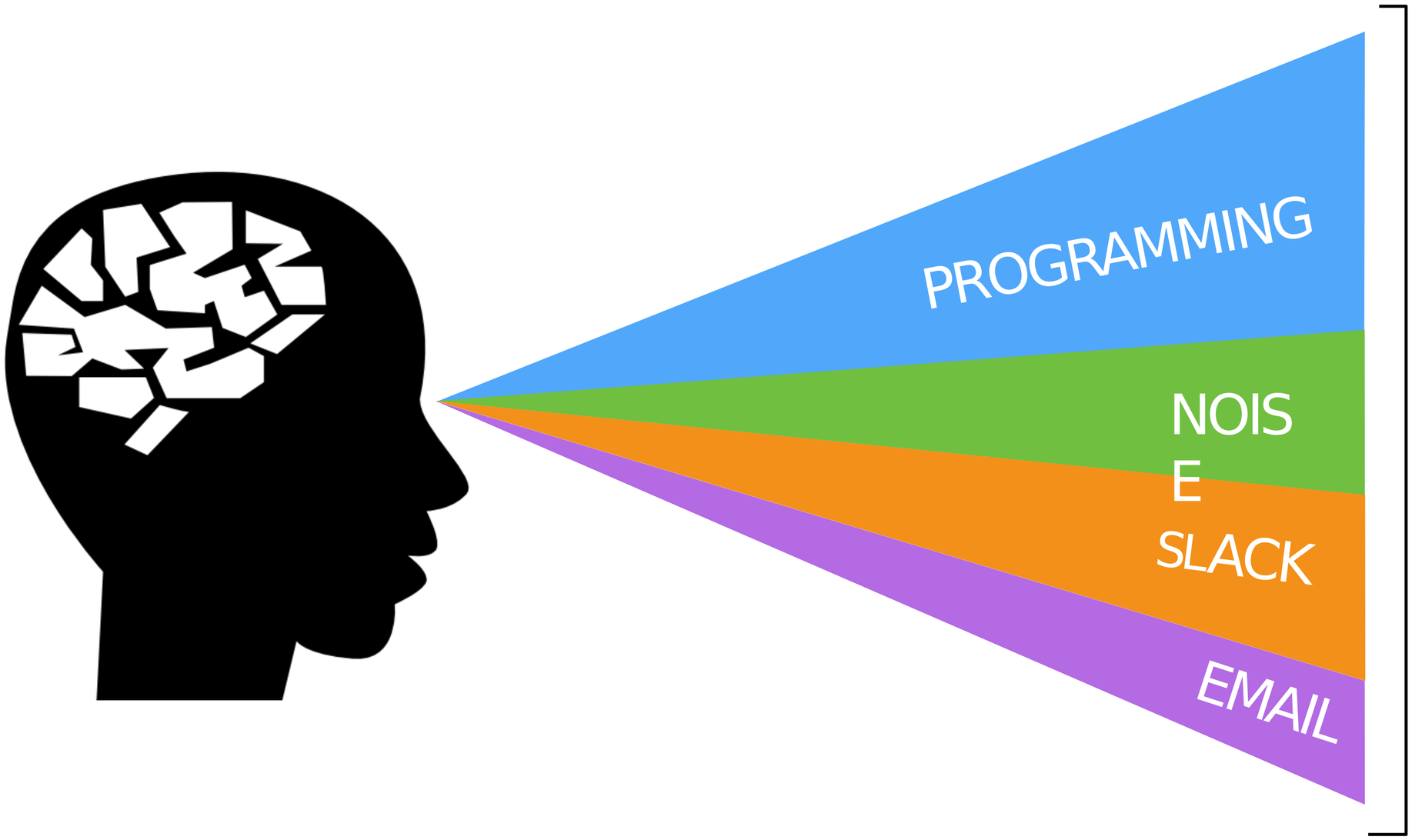


PROGRAMMIN
G

MUSIC

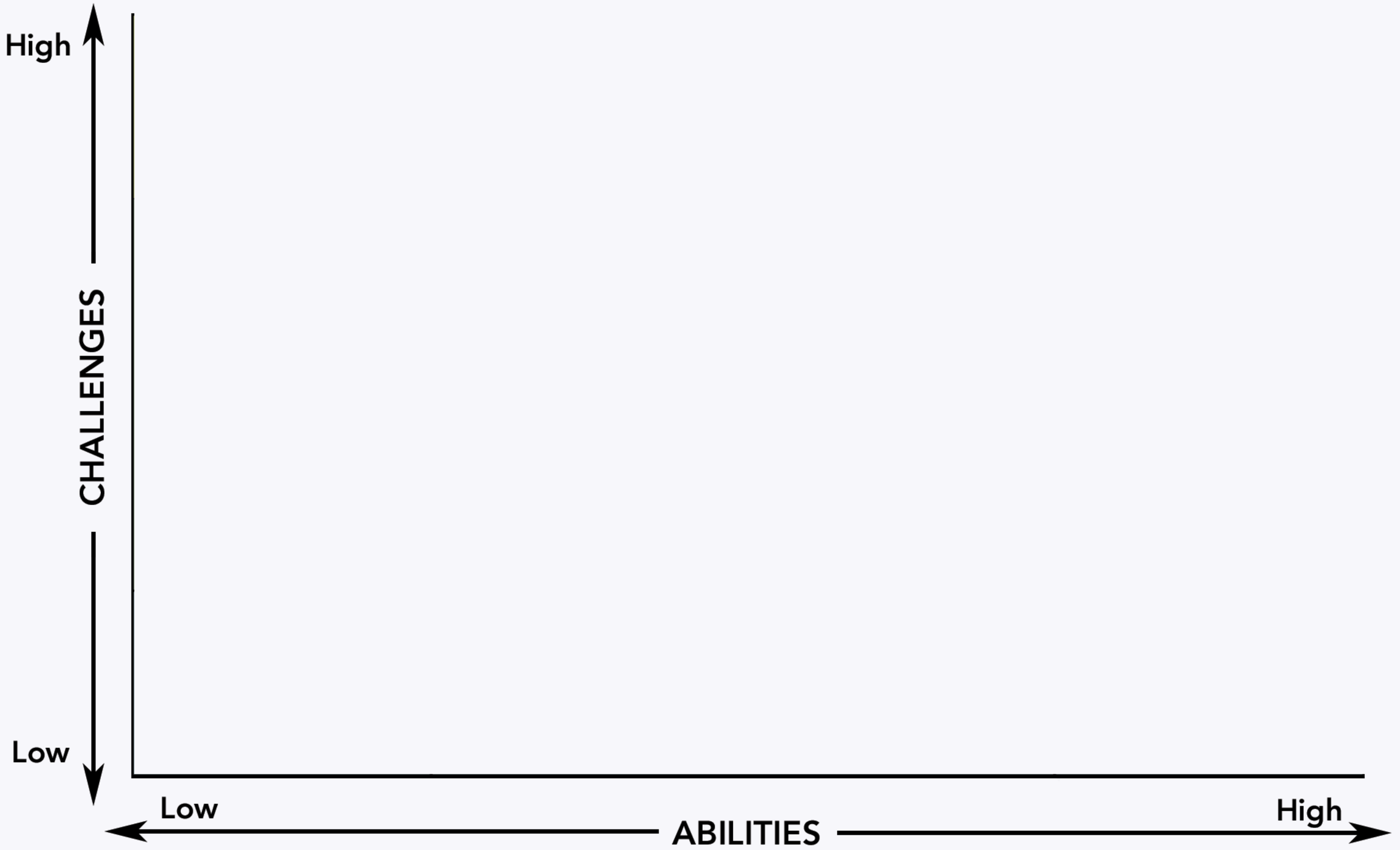
ON
FLOW

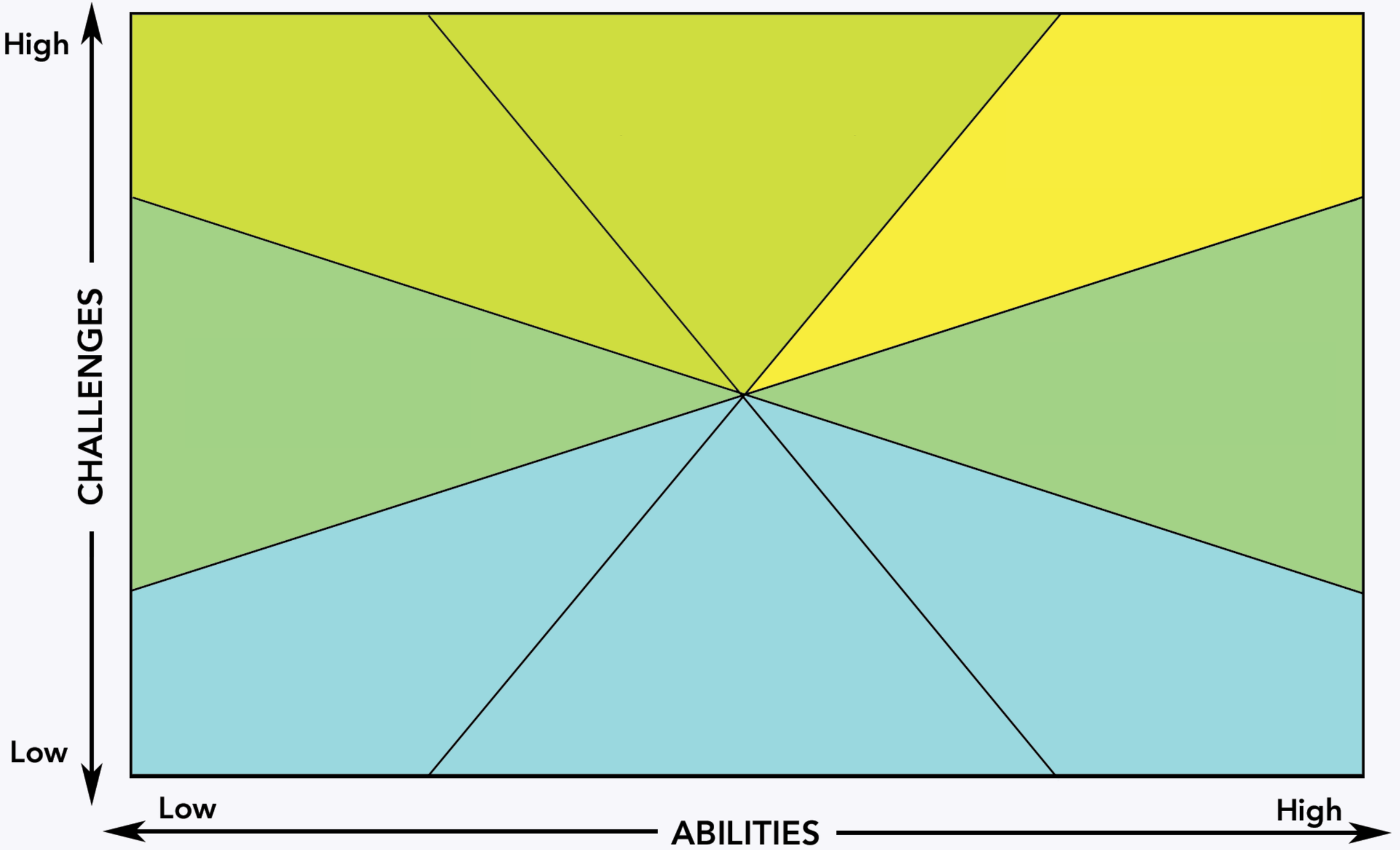

PROGRAMMING
NOIS
E
SLACK
EMAIL

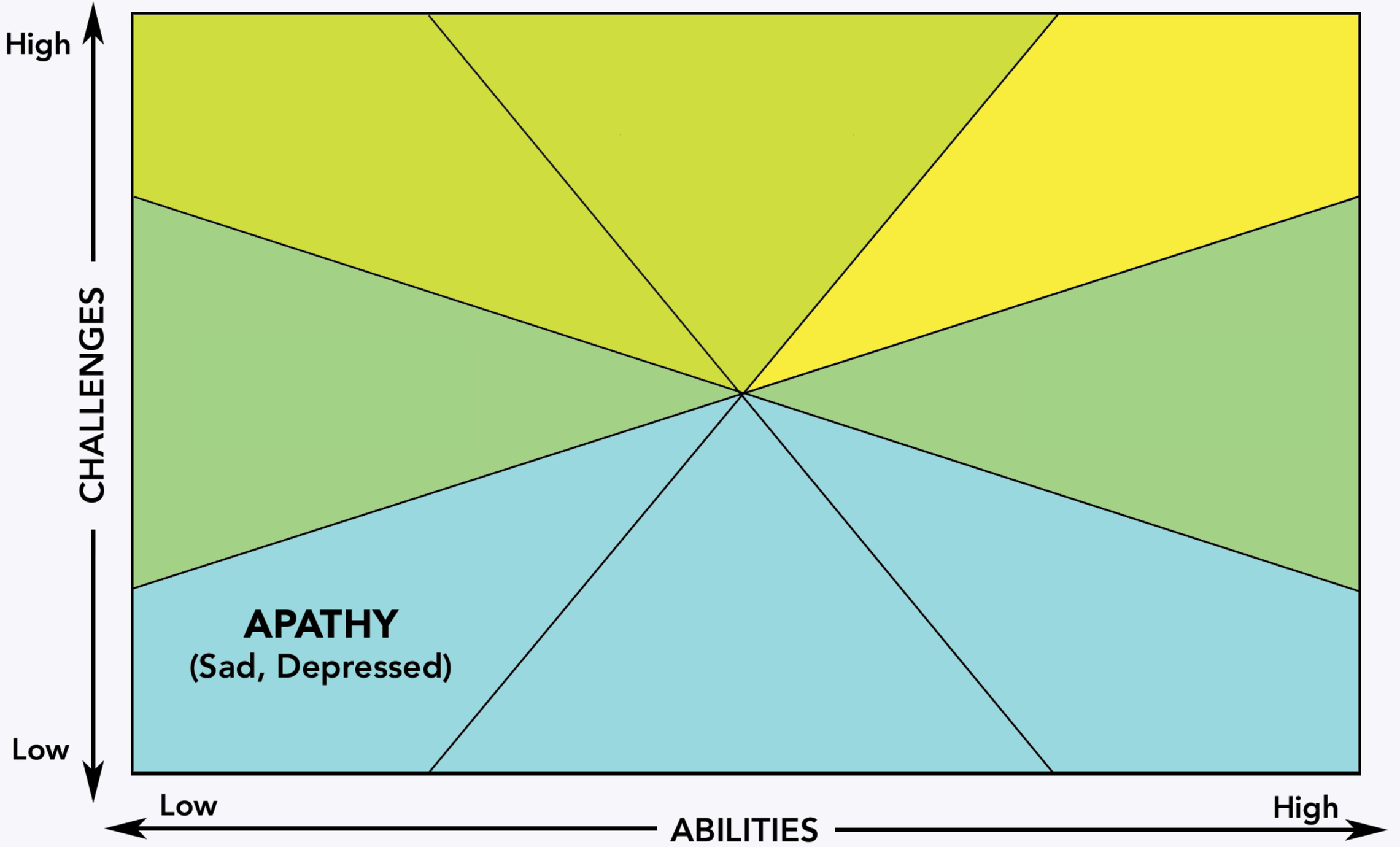


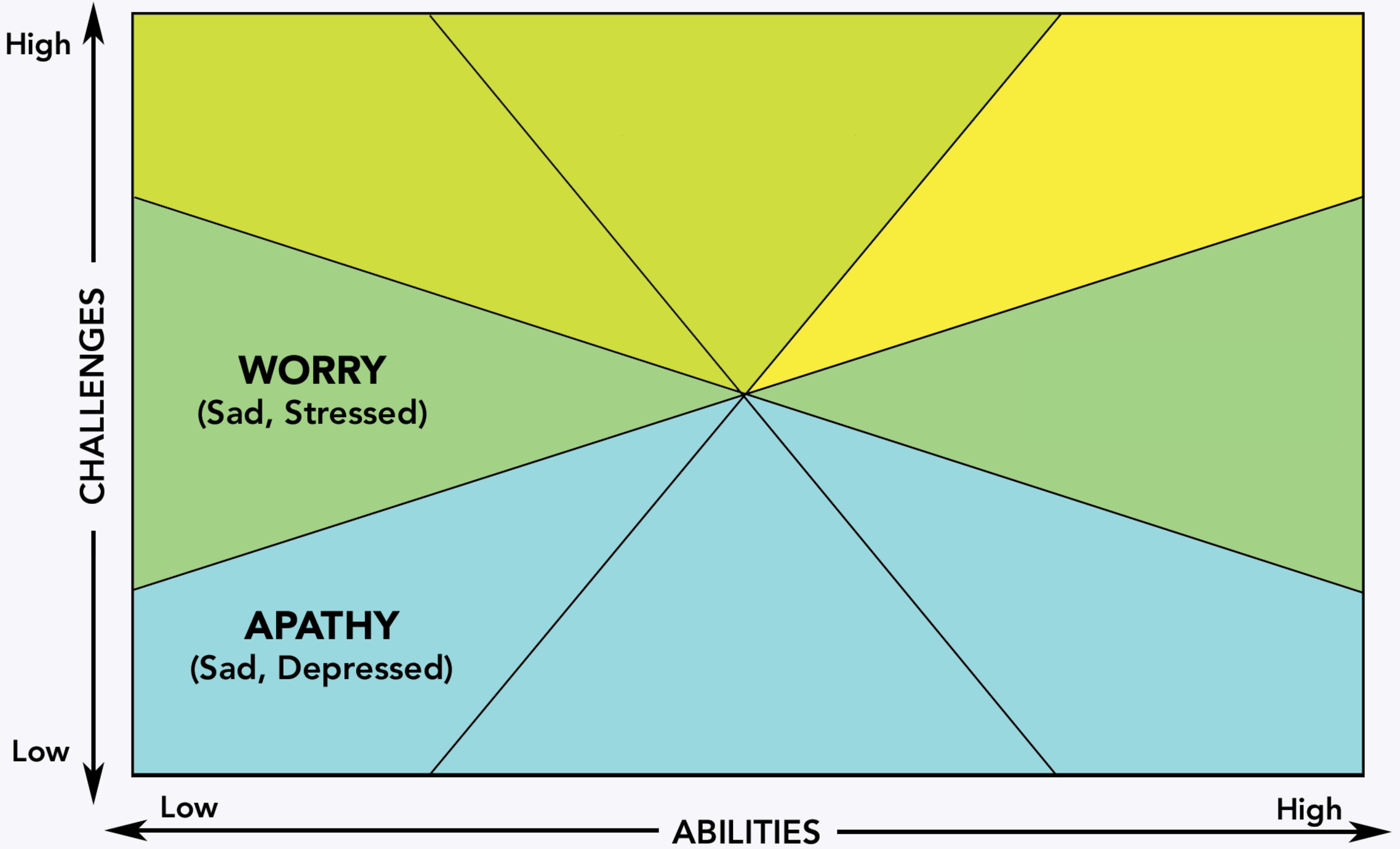
DISTRACTED

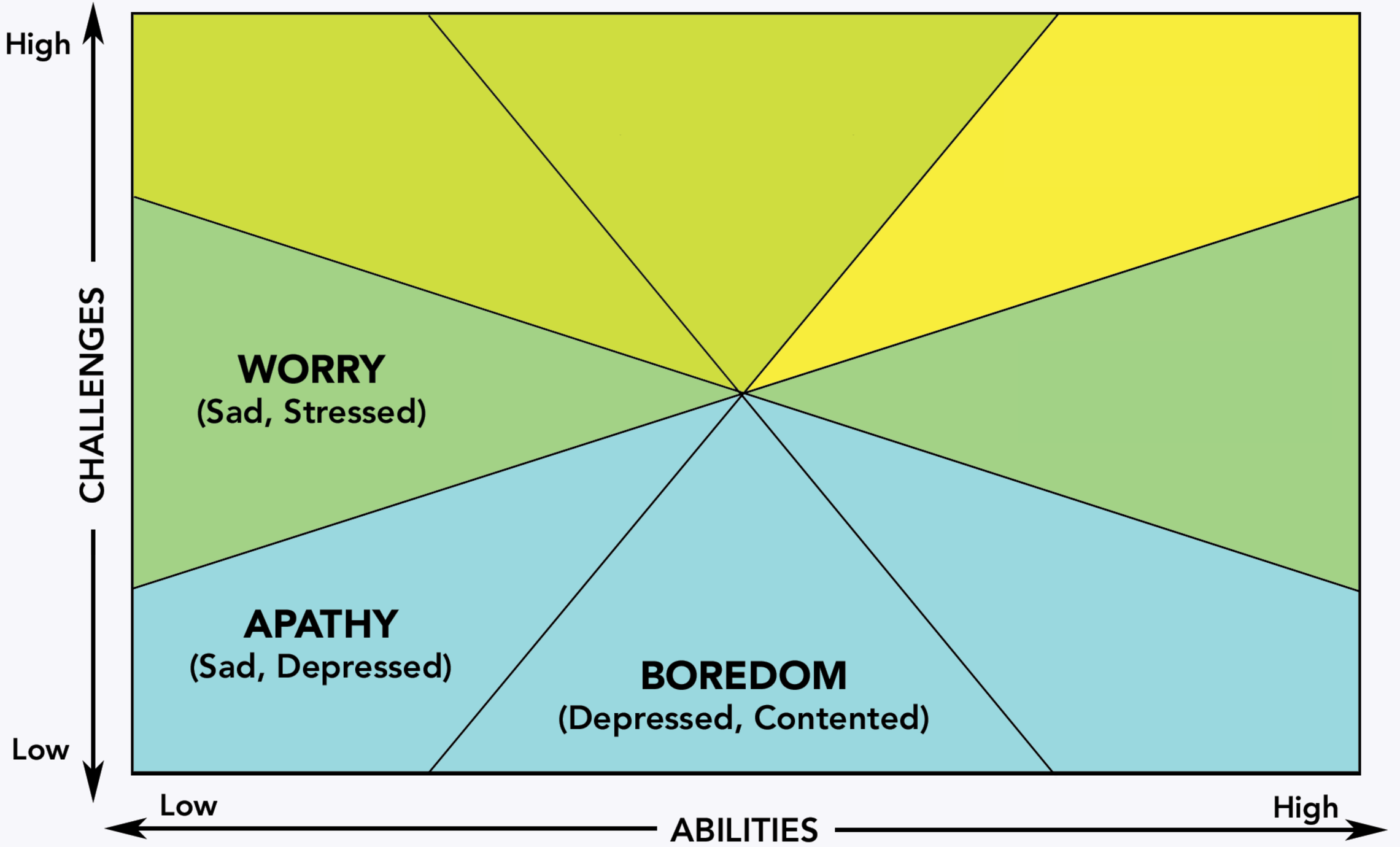
CONDITIONS OF THE FLOW EXPERIENCE

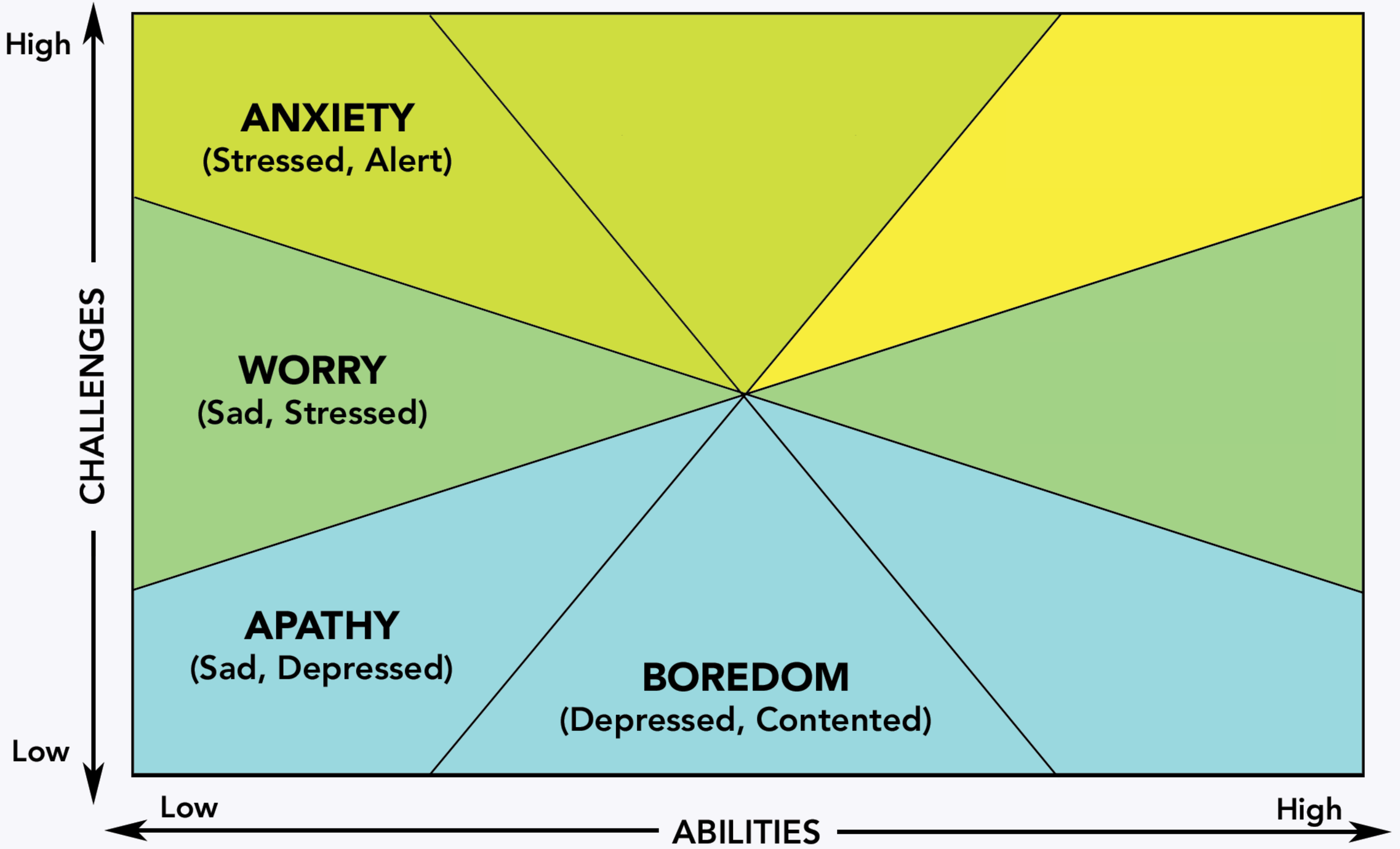

High
CHALLENGES
Low
Low
ABILITIES
High

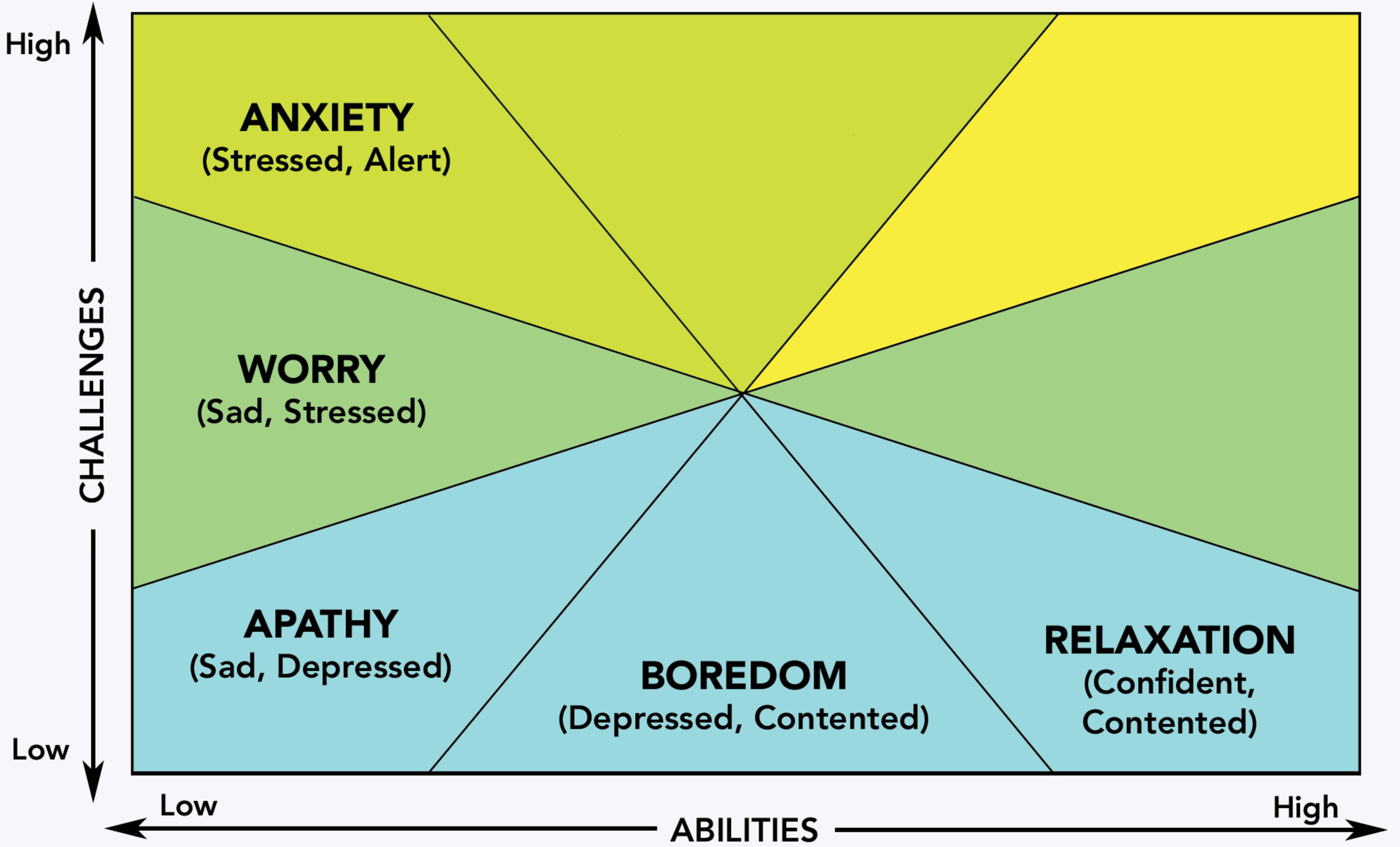

High
CHALLENGES
Low
Low
ABILITIES
High

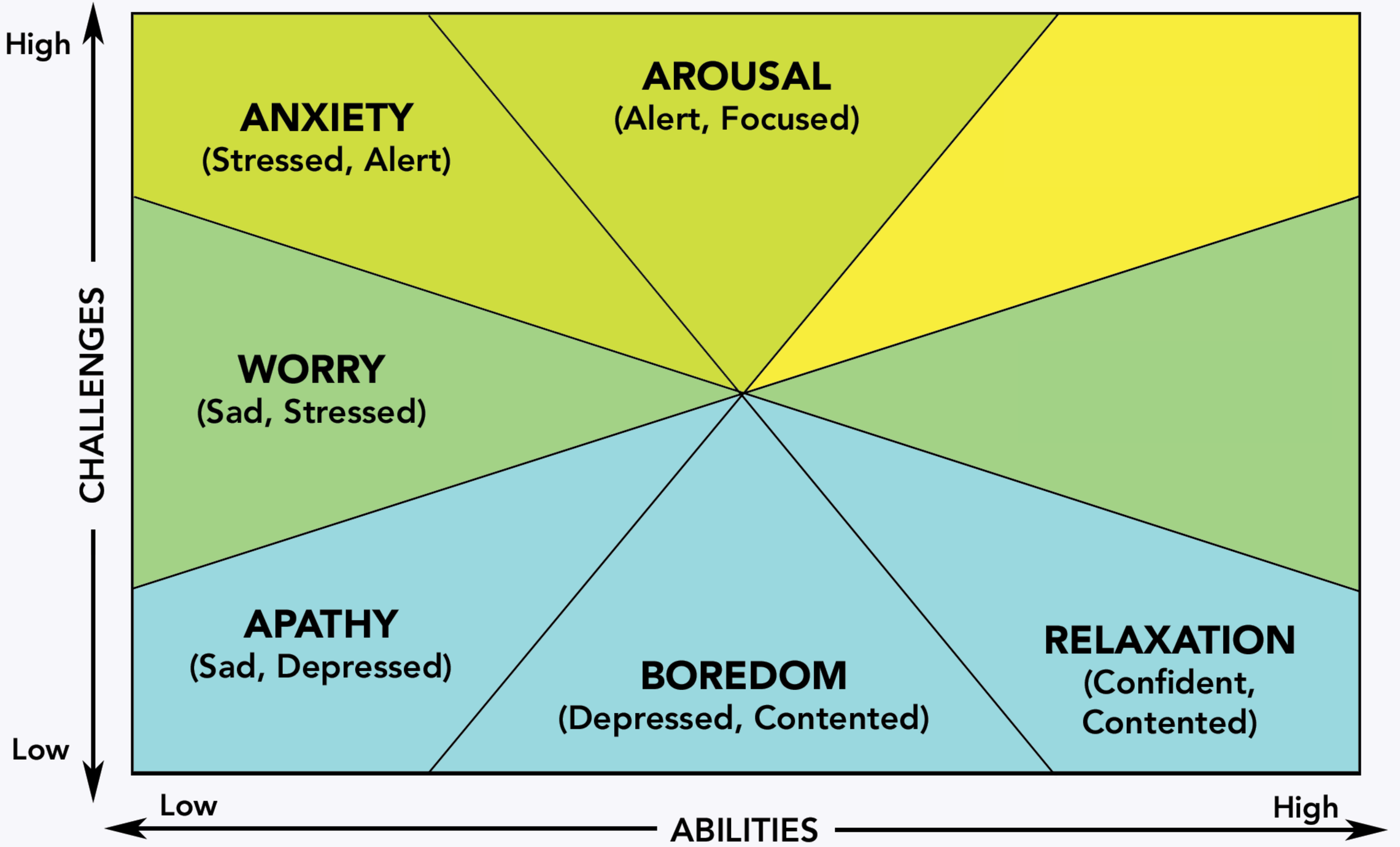

High
CHALLENGES
Low
APATHY
(Sad, Depressed)
Low
ABILITIES
High

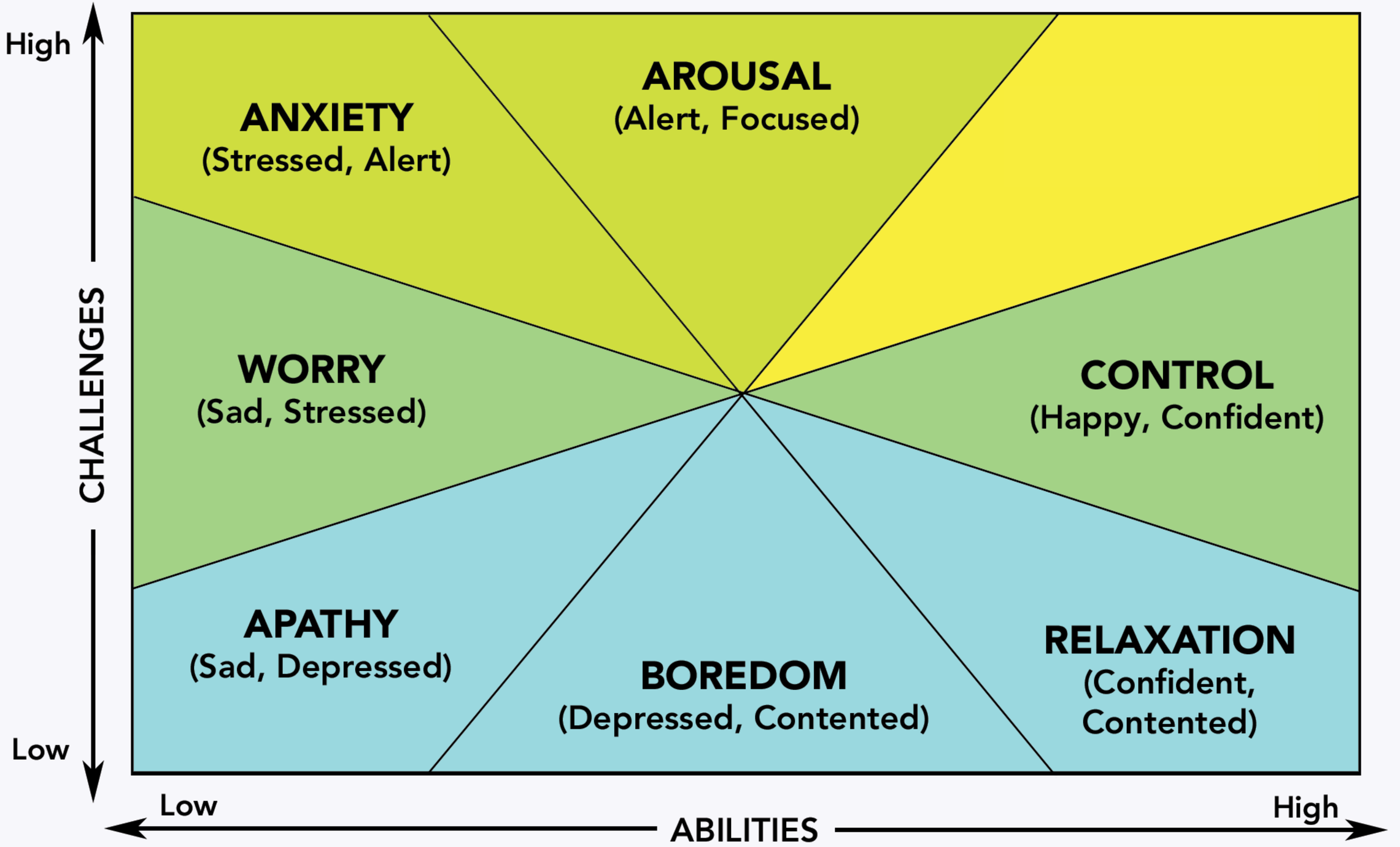

High
CHALLENGES
Low
WORRY
(Sad, Stressed)
APATHY
(Sad, Depressed)
Low
ABILITIES
High

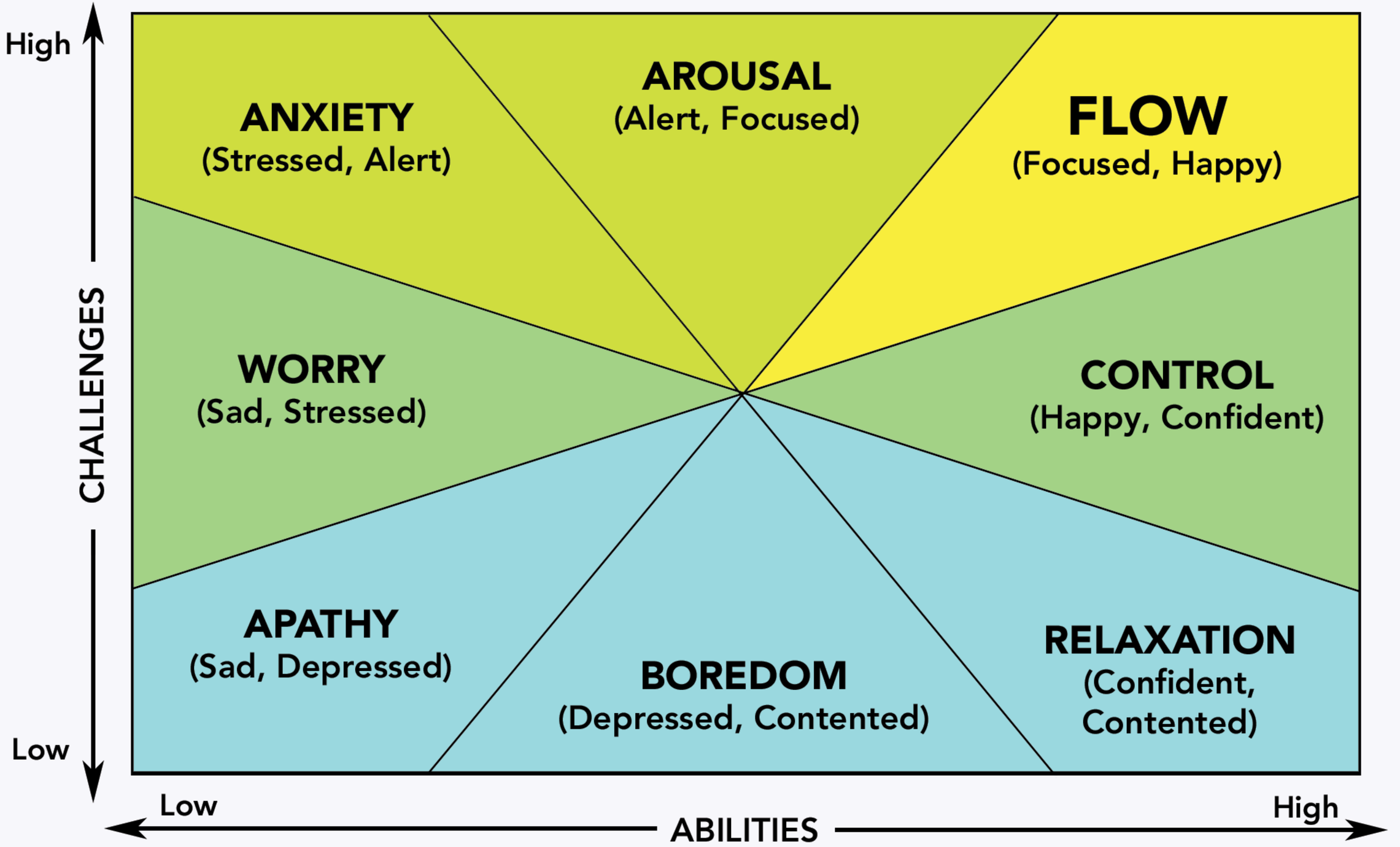

High
CHALLENGES
Low
WORRY
(Sad, Stressed)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
Low
ABILITIES
High

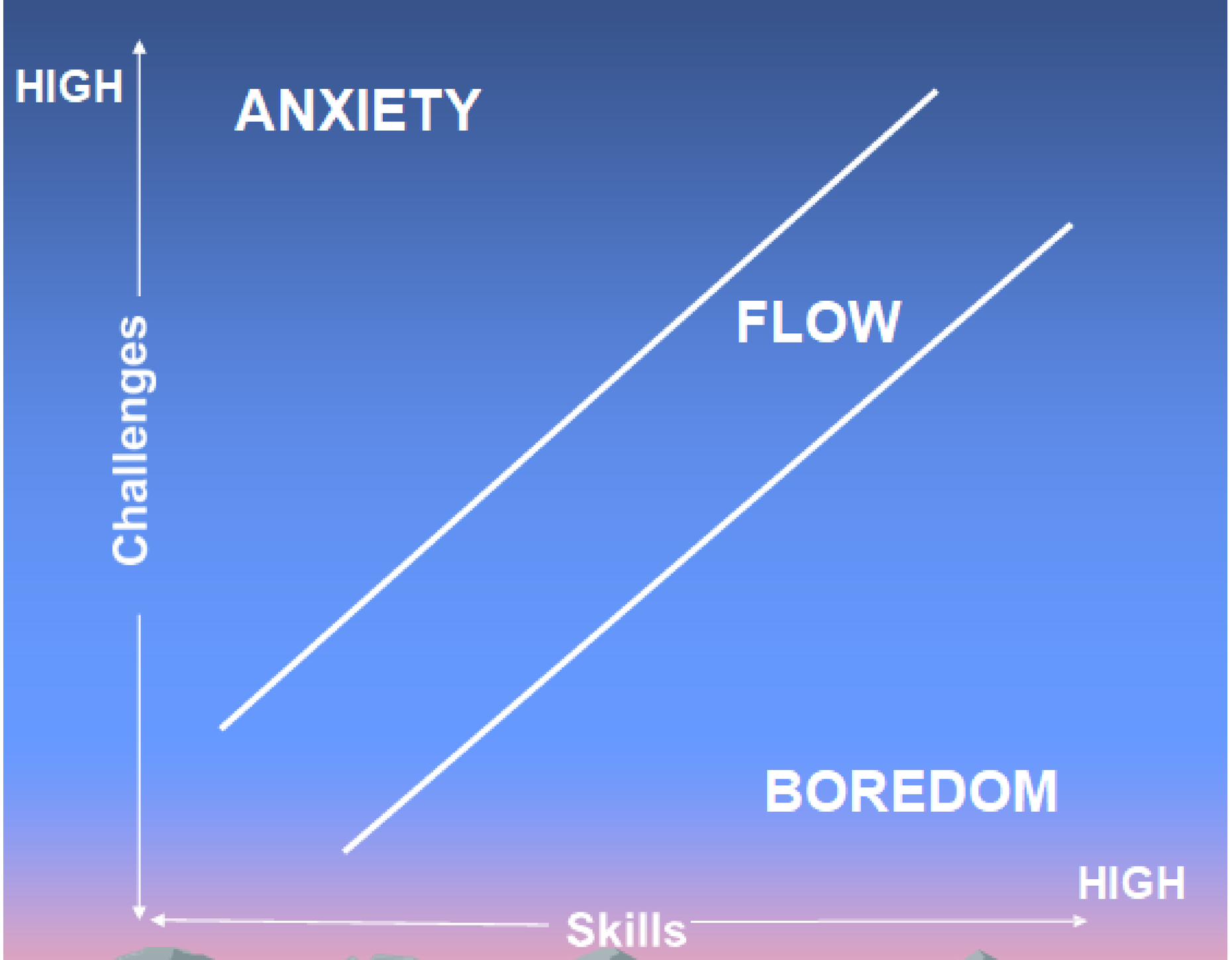

High
CHALLENGES
Low
ANXIETY
(Stressed, Alert)
WORRY
(Sad, Stressed)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
Low
ABILITIES
High

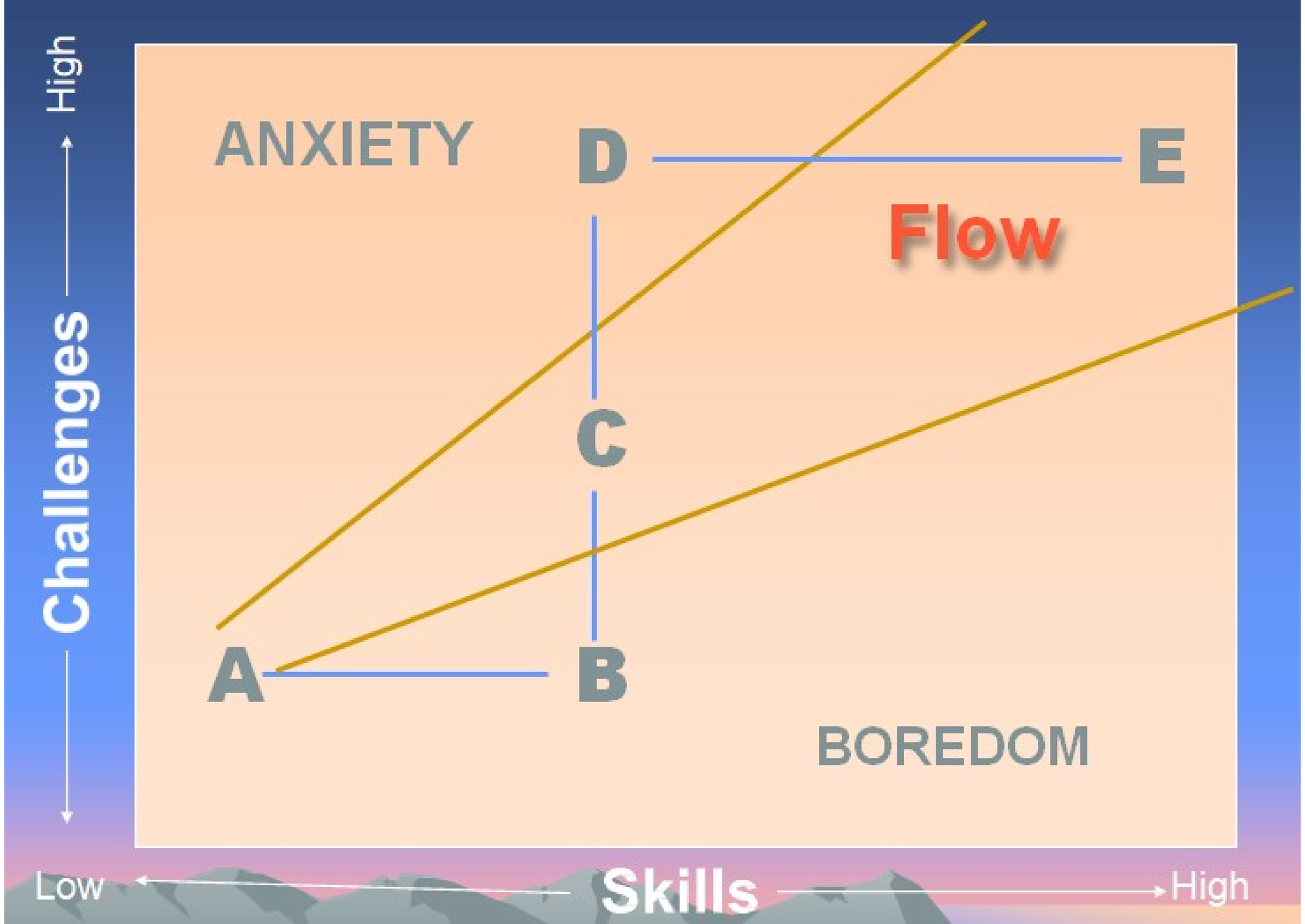

High
CHALLENGES
Low
ANXIETY
(Stressed, Alert)
WORRY
(Sad, Stressed)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
RELAXATION
(Confident, Contented)
Low
ABILITIES
High

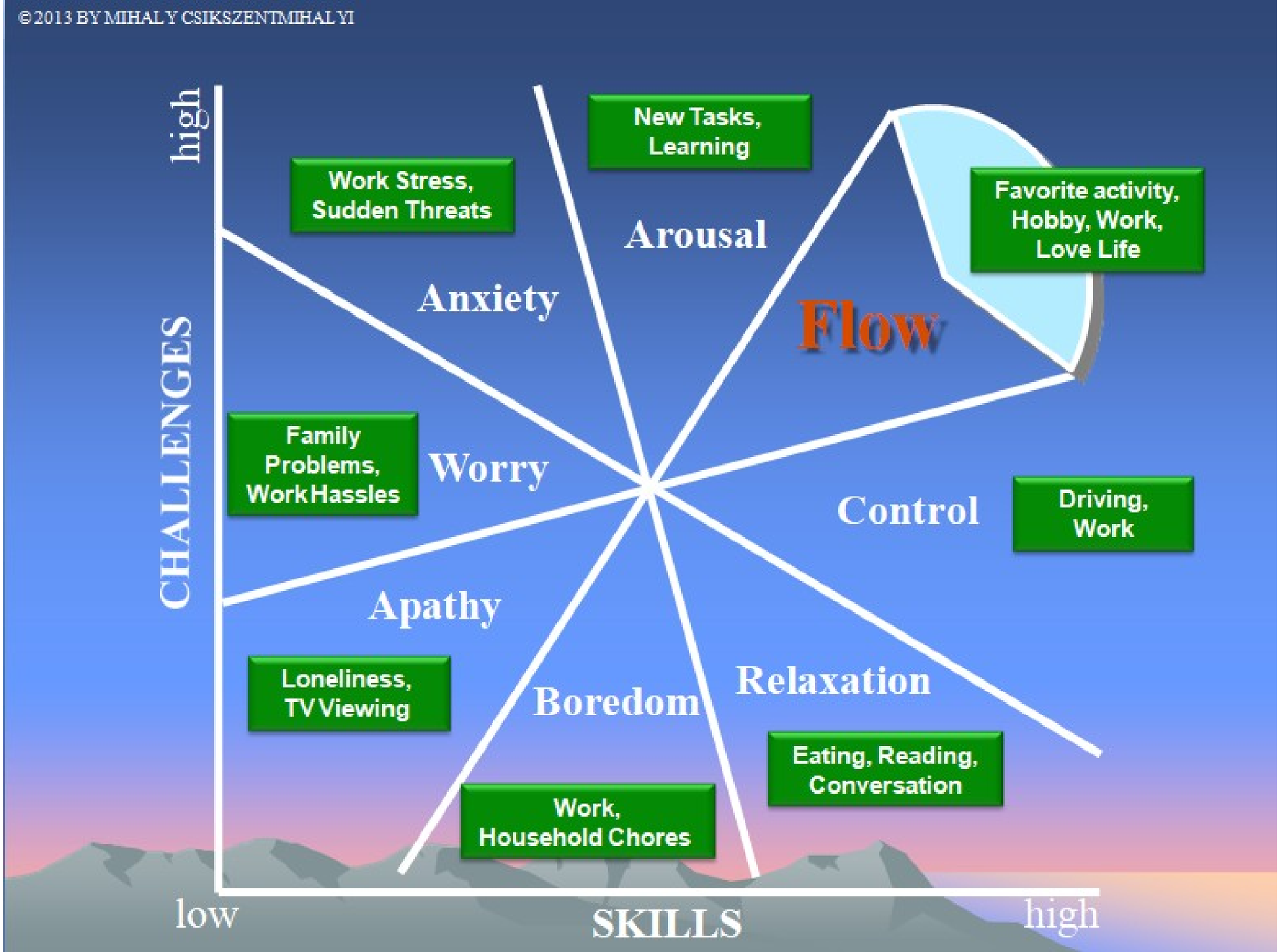

High
CHALLENGES
Low
ANXIETY
(Stressed, Alert)
AROUSAL
(Alert, Focused)
WORRY
(Sad, Stressed)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
RELAXATION
(Confident, Contented)
Low
ABILITIES
High


High
CHALLENGES
Low
ANXIETY
(Stressed, Alert)
AROUSAL
(Alert, Focused)
WORRY
(Sad, Stressed)
CONTROL
(Happy, Confident)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
RELAXATION
(Confident, Contented)
Low
ABILITIES
High


High
CHALLENGES
Low
ANXIETY
(Stressed, Alert)
AROUSAL
(Alert, Focused)
FLOW
(Focused, Happy)
WORRY
(Sad, Stressed)
CONTROL
(Happy, Confident)
APATHY
(Sad, Depressed)
BOREDOM
(Depressed, Contented)
RELAXATION
(Confident, Contented)
Low
ABILITIES
High


HIGH
ANXIETY
Challenges
FLOW
BOREDOM
HIGH
Skills


High
Challenges
ANXIETY
D
E
Flow
C
A
B
BOREDOM
Low
Skills
High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high
CHALLENGES
low
SKILLS
high
Work Stress, Sudden Threats
New Tasks, Learning
Favorite activity, Hobby, Work, Love Life
Arousal
Anxiety
Flow
Family Problems, Work Hassles
Worry
Control
Driving, Work
Apathy
Loneliness, TV Viewing
Boredom
Relaxation
Eating, Reading, Conversation
Work, Household Chores

How to Achieve Flow

1. Set clear goals: In his book, Csíkszentmihályi explains that flow is likely to occur when an individual is faced with a task that has clear goals that require specific responses. A game of chess is a good example of when a flow state might occur. For the duration of a competition, the player has very specific goals and responses, allowing attention to be focused entirely on the game during the period of play.

2. Eliminate distractions: It's more difficult to experience flow if there are things in your environment competing for your attention. Try reducing distracting things in your environment so you can fully focus on the task at hand.

3. Add an element of challenge:

"Flow also happens when a person's skills are fully involved in overcoming a challenge that is just about manageable, so it acts as a magnet for learning new skills and increasing challenges,"[8] Csíkszentmihályi explains. "If challenges are too low, one gets back to flow by increasing them. If challenges are too great, one can return to the flow state by

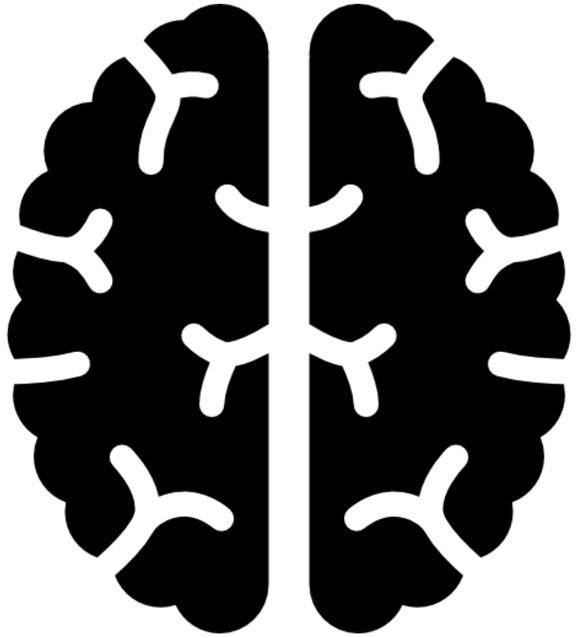
4. Choose something you enjoy: You aren't likely to achieve flow if you are doing something you truly dislike. Focus on trying to achieve flow while working on something you love.

CONCLUSION

WHEN A PERSON IS ABLE TO ORGANIZE HIS OR HER CONSCIOUSNESS SO AS TO EXPERIENCE FLOW AS OFTEN AS POSSIBLE, THE QUALITY OF LIFE IS INEVITABLY GOING TO IMPROVE, BECAUSE EVERY ACTIVITY WILL BECOME PURPOSEFUL AND ENJOYABLE.

FLOW

THE EXPERIENCE OF DEEP ENJOYMENT, CREATIVITY AND TOTAL INVOLVEMENT WITH LIFE.



185 BILLION

BITS OF INFORMATION

DURING A 70-YEARS LIFETIME

THANK YOU!